COVID-19 INFORMATION

MAINTAIN SOCIAL DISTANCING

Keep 1-2 metres between you can others. If you are too close to someone who coughs or sneezes, you risk breathing in tiny droplets that could contain the COVID-19 virus.

alberta.ca/covid19

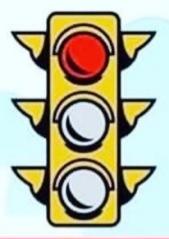
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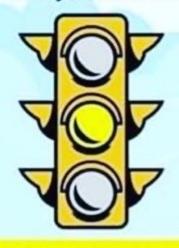
SOCIAL DISTANCING:

What does it mean?

Social distancing means reducing close contact between people to slow the spread of infectious diseases.

Slowing the spread of the virus will help our hospitals be able to care for patients. If too many people get sick at once they might not be able to care for everyone who needs help.







AVOID

USE CAUTION / LIMIT wash hands or use hand sanitizer after, keep space from others

keep space from others, wipe down plastics and wash hands after touching packaging

Playdates

Playgrounds

House Parties

Bars

Non-essential travel

Museums, Arcades, Malls

Church Services

Sleep Overs

Concerts, Sporting Events, Theater

Gyms

Group Hangouts

Weddings

Grocery Stores

Take Out Food

Pick Up Medications

Contact a Neighbor, Friend or Relative to ask if you can drop off groceries/medication at door

SAFE TO DO

Watch TV

or Movie (at home)

Read a Book

Play Video

Games

Listen to Music

Game Night

Yard Work

Take a Walk*

Go for a Hike*

Play in your yard*

Video Chat

Take a Class Online

Virtual Tour a Museum

Paint

Cook

Offer Your Skills to Others

Electronically

Be Creative

 Do these things alone or with members of your household